



Altoona High School: “Becoming a Healthy High!”

Altoona High School (AHS) encouraged healthier living by giving information, developing programs, and providing opportunities for students to make choices for themselves to become healthier.

PROBLEM OVERVIEW AND SOLUTIONS

Increased number of students at AHS were becoming less active and making poor nutrition choices. This means that students were choosing foods that were high in fat and calories, and low in nutritional value.

AHS implemented the Movin’ and Munchin’ program for the second year. AHS added numerous enhancements to the program and also cut the program down to 5 weeks instead of 10 weeks, which was done in 2009.

There was an awareness that classroom nutrition education should increase following the new Department of Public Instruction’s Nutrition Education Guidelines. Teachers were adding information to their lesson plan, for example, math story problems with nutrition problems to be solved.

There was also a move to increase physical activity in the Students Activity Day. Students participated in an Activity Fair, explaining and demonstrating new activities. The DECA store will no longer be selling candy and non-nutritious drinks. The store created a display and markets food that follows the A+ Choice.



The **CHOICE** was developed from the nutritional information that is identified on food labels and the USDA guidelines. The guidelines provide authoritative advice for people age two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education programs. There are so many product options on packages that it is hard to make healthy food choices with ease. This logo is a quick and easy way to identify foods that can be part of a healthy diet.

Foods with the A+ Choice label on them mean the food:

- is lower in fat (less than 10 grams/serving)
- is lower in calories (less than 200/serving)
- may contain whole grain noted on the label
- is a fruit or vegetable

Staff not becoming involved in staff wellness activities. The School District of Altoona and the City of Altoona partnered to develop a staff wellness program. The program is called Active and Alive2 in Altoona. The program was financially sponsored by businesses in Altoona and the Eau Claire area that promoted wellness. The program is an “honor system” for tabulating points on health promotion and wellness activities. These points will gain chances to win prizes. The program was developed for the Altoona School District and the City of Altoona Staff and it was also opened to the public. At this time, 20 people have signed up for the program. A formal staff wellness team was recruited. Facilities were made available to staff after hours and events were planned to involve all staff as a part of staff meetings that were mandatory to attend, thus encouraging staff to give input into the program.

Again, the Governor’s School Health Award has provided Altoona High School with a structure and/or guidelines for reference. It helped keep us on track for providing health promotion programs. It is a wonderful honor to receive the award for what we do for the health of our students, their parents, our staff, and our community. The application provides us with a tool. This tool is used at Altoona Middle School to enhance the health promotion curriculum and projects provided or developed.

CONTACT

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